

# The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

May 16, 2008

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## Base ready to support victims during Burma relief operation

By

Staff Sgt. Oshawn Jefferson  
62nd Airlift Wing Public Affairs

Active-duty Airmen from the 62nd Airlift Wing and Reservists from the 446th AW are prepared to assist victims of Cyclone Nargis, which ravaged Myanmar (Burma) last week, leaving as many as 100,000 dead and millions homeless.

"A potential mission like this highlights the strategic importance of the C-17 (Globemaster III) and the unique capability of our Air Force," said Col. Jeffrey Stephenson, 62nd AW commander. "If called upon, McChord Airmen stand ready to assist in Myanmar (Burma) relief efforts in any way possible."

Thus far, the Burmese government has allowed the U.S. to fly only limited relief missions to the country.

The 618th Tanker Airlift Control Center at Scott Air Force Base, Ill., is the 18th Air Force hub for planning and directing tanker and transport aircraft operations around the world. TACC planners say some assets are already standing by and others can be dispatched on short notice.

One 618th TACC-tasked C-17 aircraft has been deployed to Thailand since last week to participate in the annual Cobra Gold exercise, and may be used to provide desperately needed supplies. In addition, two C-17 crews remain on alert at McChord.

"They are ready to support the Burma relief effort if called upon to do so," said Col. Chris Moulton, 618th TACC Senior Controller.

"McChord Airmen stand ready to assist in global life-saving operations," added Col. Stephenson. "We have the aircraft and Airmen capable of responding quickly and transporting necessary cargo anywhere in the world."

For more details on Air Force relief operations, visit [www.af.mil](http://www.af.mil).

## Hearty welcome

Right: Col. Jeffrey Stephenson, 62nd Airlift Wing commander, greets Gen. Arthur Lichte, commander of Air Mobility Command, upon his arrival here Wednesday.

Below: General Lichte speaks with Airmen Thursday after lunch at the Olympic Dining Facility. See next week's paper for complete coverage on the general's visit.



Photos by Randy White

## Volunteers needed for Special Olympics

By

Airman 1st Class Kirsten Wicker  
62nd Airlift Wing Public Affairs

More than 2,000 athletes from across the state will gather here and at Fort Lewis May 30 through June 1 for the Washington Special Olympic Summer Games.

For the 18th consecutive year, McChord will host the opening ceremony, as well as the victory dance and victory happenings.

The athletic events such as gymnastics, power lifting, soccer, team handball and track and field will take place on Fort Lewis, while the Weyerhaeuser King County Aquatic Center in Federal Way will host the swimming events. New to McChord this year is the addition of the cycling event.

"This will be the first year

McChord has hosted an athletic event," said 1st Lieutenant Burgess Gow, 62nd Maintenance Squadron, cycling event coordinator. "Due to construction on Fort Lewis, the event will be held on McChord's Lima pad."

This event will require an enormous volunteer response, said Master Sgt. Robert Erickson, 62nd Airlift Wing project officer.

"This is one of the most important volunteer opportunities we have at McChord," he said. "Volunteering makes events like this possible and helps give these kids the chance to develop socially and physically, but more importantly, gives them a chance to live a normal life."

After putting up the initial call for volunteers, there is still a need for more, said Staff Sgt. Amy Weger, 62nd Operations Support Squadron.

"We need approximately 350 volunteers to make this event success-

ful," Sergeant Erickson said. "We are expecting as many as 5,000 visitors to McChord; this is a rewarding opportunity to participate in."



Volunteers will help set up the hangars for the victory dance and victory happening, help out with the activities during those events and help tear down when the event is over.

"All military personnel, DOD civilians, or dependant and retired ID card holders can help," Sergeant Weger said.

Volunteers will be needed to start setting up for the event on May 29; hanging up flags and sponsor banners and laying out cones, stanchions and metal fencing around the base.

For more information on the games, visit <http://www.sowa.org>. To sign up to volunteer, contact Sergeant Erickson at 982-3289.

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
		
Hi: 90 Low: 52	Hi: 86 Low: 54	Hi: 80 Low: 50

Forecast generated at 7 a.m. Thursday  
Courtesy of the 62nd Operations Support Squadron

### Air Expo 2008 Countdown

visit [www.mcchordairexpo.com](http://www.mcchordairexpo.com) **64** days

Don't miss it ...

**AMC family day**  
**May 23**

# Air Force first sergeants in high demand

**By**  
**Chief Master Sgt. Rodney McKinley**  
Chief Master Sergeant of  
the Air Force

In the Air Force, a unique special duty opportunity exists for senior noncommissioned officers to step outside his or her career field and into a position where they can take leading Airmen to a new level. The job isn't an easy one; it's 24 hours a day, 7 days a week and yet one of the most fulfilling positions a senior enlisted Airman can hold in the Air Force. The job is first sergeant! Key advisor to the commander on enlisted matters, the first sergeant ensures the safety, morale and welfare of enlisted Airmen and their families. This duty is vital to our ability to devel-

op and care for our most precious asset - our Airmen.  
First sergeants have a rich and proud heritage. The first sergeant position — more commonly referred to as “Shirt” — has been around since the beginning of the Army Air Corps. The original first sergeants were given the tasks of training, ensuring duties were properly accomplished and all soldiers were accounted for in their quarters. They were the linchpin of the unit.  
The official rank began in the Air Force as a position versus a rank when we separated from the Army Air Corps. The duty existed in the centralized administrative functions of the unit and was more personnel clerk than key leader. With the creation of the E-8 and E-9 “super grades,” the duties were

further expanded. Air Force senior leaders later clarified policies and established the authority and prestige of this vital position. A first sergeant academy was later opened to offer education and training to enhance specific skills associated with the duty of first sergeants. In 1961, first sergeants became a separate career field. The role of the first sergeant has also evolved many times over the years, but one thing has remained the same; the Shirt is the glue that binds a unit together.  
The career field is always looking for uniquely qualified master sergeants who are extremely motivated to make a difference. The requirements for this 3-year minimum tour are a passing score on the fitness test; no negative quality force indicators; be an E-7 upon

academy attendance; SNCOA completed by correspondence or in-residence; and the ability to communicate clearly and effectively. Selection and approval is required through the member's immediate chain of command as well as the wing commander and command chief master sergeant.  
Currently, the Air Force is in dire need of first sergeants. This is a key leadership position in an organization and it should not go unfilled - the morale, welfare and health of our Airmen is at stake. I personally served as a first sergeant for over 10 years and consider that time one of the highlights of my career. I highly recommend this special duty to any qualified master sergeant who truly desires to take care of Airmen and their families.

## Worth repeating: Alcohol abuse ruins lives

**By**  
**Lt. Col. Travis Condon**  
62nd Logistics Readiness Squadron commander

Lt. Col. Mike Cannon wrote a great article on 10 helpful tips for a long, successful Air Force career in the April 18 edition of The Northwest Airlifter. I encourage everyone to cut that out and put it up so they can read it frequently. Use it to counsel fellow Airman and noncommissioned officers. Colonel Cannon has commanded at least three squadrons, been in the Air Force a very long time and is a good friend of mine. Learn from the past and internalize what he said.  
With that, I would like to comment on just one of his tips and add one more piece of advice. Tip No.10 addresses getting sloppy drunk. Sloppy drunk is not using 0-0-1-3 criteria, drinking underage and having an alcohol-

***“Over my lifetime, I’ve seen family and friends killed by drunk drivers and the impact stays with me to this day ... don’t even think about drinking and driving; spare innocent lives.”***

related incident. I'm specifically discussing this particular tip because most incidents I've dealt with usually involve alcohol. Alcohol causes people to do things they normally wouldn't do and you should be careful when you partake. If you're under 21, don't even think about it. Over my lifetime, I've seen family and friends killed by drunk drivers and the impact stays with me to this day ... don't even think about drinking and driving; spare innocent lives. I've seen fami-

lies ruined by alcohol abuse and seen people die much too early because their liver no longer functions. Here's something to think about ... have you ever heard anyone say, 'Wow, I could have never accomplished that without alcohol!' when it comes to something very positive and productive?  
The other piece of advice I would like to add is to be home before midnight. Many have said it over the years and it is true ... nothing good happens after midnight. Don't try to think of the one exception to this, but consider the real impact here. Take your own survey and ask first sergeants and commanders how many times the negative personnel situations they deal with happen after midnight or involve alcohol. If you don't believe what I've said yet, you might after doing some research on your own. Lastly, if you are one of those who keep themselves squared away and don't have any issues, be home before midnight ... the others are still out there.”

## Professionals of the week

### 4th Airlift Squadron

#### Staff Sgt. Emily Edmunds

**Duty title:**  
Noncommissioned officer in charge of training  
**Duty section:**  
4th AS training  
**Hometown:**  
Philadelphia, Pa.



#### Why she's super:

As the Prime Nuclear Airlift Force loadmaster instructor, Sergeant Edmunds is responsible for the management of all loadmaster upgrades, continuation and requalification training. She was also a key factor in the unit's Aircrew Standardization and Evaluation inspection's success. She is also one of only 13 qualified PNAF loadmasters Air Force-wide. Sergeant Edmunds is currently working on six credit hours toward her bachelor's degree.

#### Airman 1st Class Bradley Williams

**Duty title:**  
C-17 Globemaster III loadmaster  
**Duty section:**  
4th AS  
**Hometown:**  
Richmond, Texas



#### Why he's tops:

Airman Williams' dedication and hard work has been crucial to the loadmaster flight's mission success. He recently completed a mission supporting the President of the United States, delivering essential vehicles and Secret Service personnel to Russia. His professionalism and superb knowledge directly impacted the success of the mission and reflected greatly upon the 4th Airlift Squadron and the 62nd Airlift Wing. Airman Bradley also took part in combat operations while transporting a Special Forces battalion, two helicopters and all associated cargo out of Afghanistan. He also distinguished himself on several other missions, earning 4th AS Performer of the Month for February and receiving a grade of “Outstanding” on a recent flight evaluation.

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# 62nd MXS munitions flight pitches AFSO idea

By  
Tyler Hemstreet  
Staff writer

The 62nd Maintenance Squadron’s munitions flight recently came up with a plan to not only centralize its daily administrative and operational functions, but also limit the base population’s exposure to dangerous explosives.

The plan — which was generated as part of an Air Force Smart Operations for the 21st Century event — calls for moving the flight’s operations from the 300 area south of Outer Drive to the 800 area north of Whispering Firs Golf Course.

62nd MXS officials briefed Gen. Arthur Lichte, commander of Air Mobility Command, Wednesday in order to help procure AFSO 21 project funding to help construct the buildings that will house the new operations center.

If funded through the Air Force’s AFSO 21 office, the plan would not only help McChord realize huge cost savings in operational and maintenance dollars, but have other benefits as well, said Maj. Alesia Quiton, 62nd MXS commander.

“This is, to my knowledge, the first AFSO 21 event that actually generates a revenue stream,” Major Quiton said. “By transforming the munitions maintenance and inspection area into long term storage rental and RV rental slots, it has the potential to generate \$155,000 per year indefinitely.”

In addition to the revenue the newly vacated space would bring to the base, there would also be a significant safety aspect added to the overall base population by cutting down on the transportation of explosives, said Master Sgt. Wesley Colberg, 62nd MXS.

“By moving operations, we’re simply reducing the transportation miles of any weapons across the base,” Sergeant Colberg said.

The flight currently racks up nearly 7,000 miles



**Munitions control center dispatcher Senior Airman Raymond Altamirano, 62nd Maintenance Squadron, uses a grid map placed over a map of McChord to demonstrate the proper procedure used to determine the center's evacuation radius in the event of a real world emergency. As part of a newly proposed plan, the munitions control center would move from its current location south of Outer Drive to a new building north of Whispering Firs Golf Course.**

per year transporting weapons back and forth from operations in the 300 area to the 800 area, he said.

One centralized location for everything would save the flight nearly 5,000 transportation miles per year.

“That’s a significant change,” Sergeant Colberg said.

If the squadron is able to get the money to build the new building, it would serve as a welcome sight to many in the flight.

“It’s been a long time coming for us ... it was just a pipe dream at first,” Sergeant Colberg said. “We’re pretty excited.”

Major Quiton said the plan is a collaborative effort between those who want to improve the way everyone does business.

“We had a cross-functional team from five squadrons across two groups participating in this event, and they came up with some amazing ideas,” she said.



# Airmen can now access deployment information on vMPF

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Air Force Personnel Center officials here have taken another step to support Airmen and ensure all members know their air expeditionary force deployment status. Airmen can now access this information through the center’s virtual military personnel flight, or vMPF.

This capability provides real-time visibility for Airmen and is consistent with the initiative to cease production of the often misplaced or missing AEF identification card.

“It has always been an AEF principle to let Airmen know their AEF assignments,” said Mr. Vince Fonner, Personnel Readiness Division chief. “This initiative facilitates that principle while at the same time eliminating some manual work being done in our squadrons.

“For our Airmen, it means their deployment data is readily available,” he said. “They can prepare themselves better for deployment, ensuring we get the right person in the right place at the right time.”

Upon login to vMPF, Airmen can view the initial page that shows a box containing their AEF deployment status. This includes their AEF indicator, rotation period and the date their commander assigned them to a specific AEF.

This initiative is another step toward meeting the Air Force chief of staff’s mandate to ensure all Airmen are assigned to an AEF and provided with maximum AEF predictability to prepare themselves and families for the possibility of an upcoming deployment.

Airmen with questions about their AEF deployment status can contact their unit deployment manager.



Photo by Tyler Hemstreet

## Combined graduation

**U.S. Rep. Adam Smith (D-Wash.) addresses the crowd and graduates at the combined graduation May 9 in Hangar 5. More than 300 graduates receiving everything from their Community College of the Air Force associate degrees to those earning master’s and bachelor’s degrees from the other colleges on base participated in the ceremony.**



McChord Airmen

# AROUND THE WORLD



IRAQ — 1st Lt. James Bilby, 5th Air Operations Support Group, stands along the southern Baghdad beltway during a recent deployment.



IRAQ — Col. Eric Schnitzer, commander of the 3rd Expeditionary Air Support Operations Group, right, presents Master Sgt. Brian Wilchenski, 5th ASOS, with a monthly award memento for being recognized as the senior noncommissioned officer of the month at Multi-National Division Baghdad during a recent deployment.



# Officials offer full replacement value for damaged goods

WASHINGTON (AFPN) — Airmen may now automatically receive full replacement value protection from the moving company on damage their household goods might incur during a move, Air Force officials announced Wednesday.

Household good pick-ups after March 1 will receive full-replacement-value protection from the moving company or carrier, said Lt. Col. Eric Bee at the Air Force Claims Service Center.

“It isn’t quite the same as getting all new stuff in every instance when your household goods are damaged by a carrier,” Colonel Bee said. “Carriers will replace missing items with new items, pay the full cost to replace them or repair damaged items.”

This important benefit for Airmen comes with some changes to the

process. For example, in most cases, Airmen actually file directly with the carrier or moving company. This claim must be made within nine months of delivery.

“That’s a big change from the two years that most Airmen are used to,” said J.D. Reese, CSC operations division chief. “Airmen can still file a claim with the AFCSC but they’ll only be paid the depreciated value of damaged or lost goods. Likewise, if an Airman misses the nine month deadline, (he or she) can still file a claim up to the two year point with the AFCSC for the depreciated value of (the) items. Finally, if you’re unhappy with what the carrier offers you, you still have the option of coming to the Air Force and filing with the AFCSC.”

Although the timeline for filing a full replacement value claim is shorter, claims are much easier to file, Mr. Reese said.

“Airmen are no longer required to get estimates of repair, a very time consuming part of the old claims process,” he said. “Now carriers are required to obtain the repair estimates. Carriers also don’t require as much detail about the items because they no longer have to calculate depreciation.”

Additionally, effective May 15, Airmen and civilians being moved by the Air Force can now file a DD Form 1840R online at the restricted Air Force Electronic Claim Filing Web site.

“Filing a DD Form 1840R on-line is not filing your claim,” Colonel Bee said. “It’s simply putting your carrier on

notice that you’ve noticed additional loss or damage since delivery, but within 70 days. You’ll still need to file your claim with the carrier within nine months.”

If Airmen want to recover money for lost or damaged goods, they must notify both the carrier and file a claim within the required time frame, the colonel added.

“We’re here to answer questions from Airmen about their claims,” Colonel Bee said. “There is never any long voice mail menu - just press 1 to talk to an expert.”

To file a claim against the Air Force under the old system, Airmen can still file their claims at the Air Force Electronic Claim Filing Web site.

For more information, call DSN 986-8044 or (877) 754-1212.

# Ft. Lewis hosts Armed Forces Day celebration

By

Tyler Hemstreet

Staff writer

Whether it’s an interest in Civil War-era battles and weapons or Desert Storm-era military vehicles, Saturday’s Armed Forces Day celebration at Fort Lewis will most likely have it on display.

For the 20th consecutive year, the post will host a celebration in honor of Armed Forces Day. The activities begin at 10 a.m. at Cowan Stadium and the surrounding areas and run until 6 p.m. The public is invited and must use Exit 119 off of Interstate 5 to come on post.

The post will host a wide variety of live demonstra-

tions throughout the day, from war fighting eras such as a Civil War cavalry reenactment with horseback demonstrations to Revolutionary War and medieval battles.

“We try to bring in as much variety as we can so we can appeal to a lot of people,” said Kate Laverents, special events coordinator for MWR. “This event is really a chance for us to host an open house for the off-post community.”

The Northwest Historical Association, which specializes in German and Russian armed forces, will also have a display on hand.

All of the people that participate in the reenactments take great pride in their craft and enjoy the interaction with people attending the event, Laverents said.

“They are more than delighted to answer any ques-

tions people have — they’re very knowledgeable about their time they are reenacting,” she said.

Some of the displays even go as far as setting up the camp and tents the soldiers originally had during their war fighting time.

“They let people handle the stuff and get a real feel for it,” Laverents said.

To add to the whole military ambiance, a mountain cannon brought in by Fort Steilacoom will be randomly firing throughout the day.

For those who are more interested in static events, there will also be modern and World War I to Vietnam-era war fighting vehicles on display as well.

There will also be a wide variety of live entertainment, food booths, pony rides, a petting zoo and inflatable bounce-arounds for children.





Photo by Tyler Hemstreet

## Hands on learning

Actor Tom Guiry gets some tips on how to operate the C-17 Globemaster III flight simulator from Capt. Chris McDonald, a pilot with the 7th Airlift Squadron. Mr. Guiry visited McChord May 9 and flew in the simulator and signed autographs at the base exchange before visiting wounded Soldiers at Fisher House. His film credits include The Sandlot, Black Hawk Down and U-571.





### 62d Airlift Wing's Enlisted Appreciation BBQ

Wednesday, 28 May 08, 1100-1500 hrs.  
Softball Fields & C St. and Col J. Jackson Blvd.



**Are you and YOUR Airmen ready?**  
**1-Pitch Softball /Kickball/Tug-o-War/Hotdog Eating contest?**  
**Contact MSgt Todd Gass & MSgt Steve Courson**  
**to sign your team up for the event!**

Event made possible by the volunteer efforts of McChord's professional enlisted organizations & the PMBA



# MILITARY HOUSING PRIVATIZATION

## McChord prepares for process

BY  
Tyler Hemstreet  
Staff writer

In an effort to renovate or replace several on-base houses here that are not cost-effective to maintain or have not been modernized in the last 30 years, Headquarters Air Force authorized Air Mobility Command and officials here to enter into detailed discussions with Equity Residential for the design and development of a new housing community on McChord.

The housing privatization plan is on schedule to start in September. Consultations are ongoing and the 62nd Civil Engineer Squadron is working with Equity Residential to develop a comprehensive family housing master plan. Early details of the plan include demolishing between 580 and 600 on-base housing units and building new homes in their place over the next seven years, said Cal Lovering, a housing privatization manager with 62nd CES.

According to McChord's housing privatization Web site, the new development plan, which also establishes the amenity standards set by Air Mobility Command for new communities at Travis, Fairchild and Tinker Air Force bases, includes neighborhood-wide recreational facilities, a community center with a kitchen facility, lighted concrete walks or asphalt trails leading to playgrounds and road and trail connectivity throughout the premises.

The construction standards for the new houses call for larger living space above the minimum requirement, an attached two-car garage, double-wide driveways, enclosed backyards and covered patios, accord-

ing to the Web site.

Demolition is not planned for 90 houses in the Olympic Grove tract and 30 Bricks houses off 8th Street and Tuskegee Airman Way, Mr. Lovering said.

AMC also developed a list of facility maintenance standards for the new community, which includes household hazardous waste pick-up, snow and ice removal on all individual sidewalks and driveways, complete yard service and 24/7 live service response by telephone.

In accordance with the Military Housing Privatization Initiative, McChord officials are working with Equity Residential to generate the capitol needed to make necessary improvements while preserving the benefits of military housing. Under the privatization plan, the group of houses immediately adjacent to Interstate 5 will be demolished in order to create a sound protection buffer zone, Mr. Lovering said.

"We're developing a brand new community that's based on Carter Lake," he said.

There are also plans to host a town meeting to discuss the project to get input from the base community and introduce the plan and the builder. Those meetings are currently scheduled for early June.

Airmen and their families will also be able to give feedback to the project, Mr. Lovering said.

Airmen can also follow the status of the project or submit questions on the base intranet at [https://62msg.mcchord.af.mil/62CES/Housing\\_Privatization/default.aspx](https://62msg.mcchord.af.mil/62CES/Housing_Privatization/default.aspx).



(Top and above) Houses like these two on Birch Street will be demolished and replaced with new houses.



(Top and above) Houses like these two on Alder Street will be refurbished as part of the housing privatization plan.



Photos by Tyler Hemstreet

Equity maintenance workers Rexann Guo and Steve Budd inspect a house in order to develop a plan for renovation.

## Construction Timeline

ONGOING

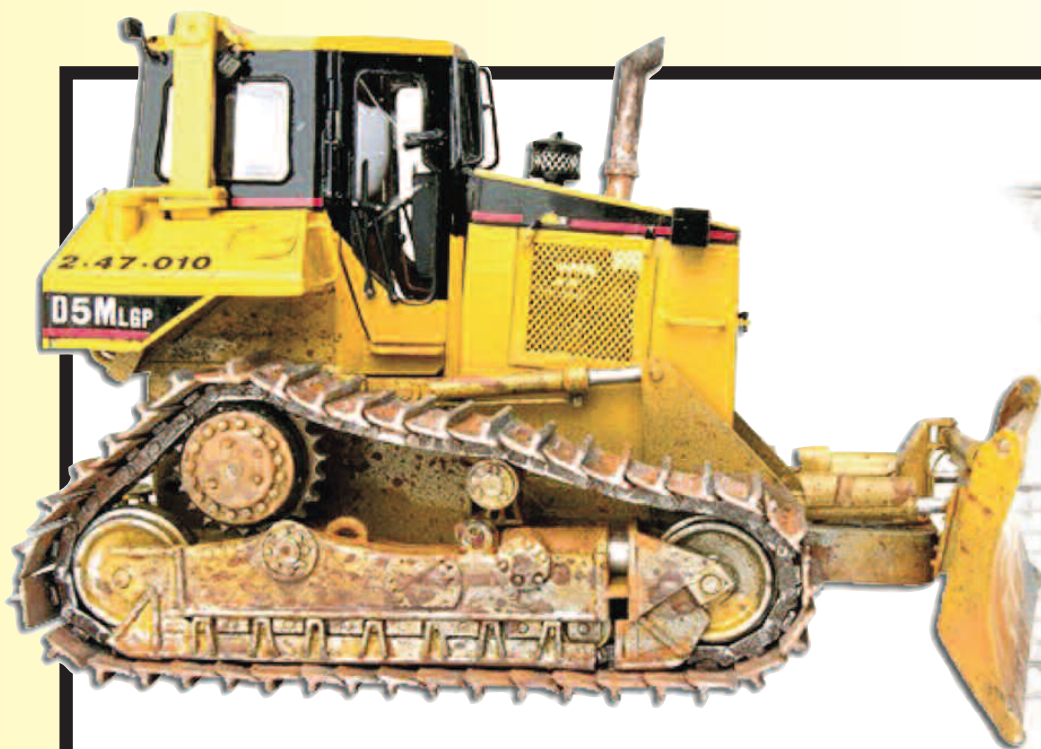
Discussions  
with  
Equity

JUNE 2008

Final  
approval

LATE SUMMER 2008

Transition of  
management/operations  
to Equity



## Frequently asked questions

**Q:** I live in family housing, what will I have to do to get ready for housing privatization?

**A:** Before everything starts to take shape, the privatizing representatives from Equity Residential and McChord Housing will meet with all residents to assist them in filling out paperwork to start BAH and allotments for rent. All residents will have to sign a six month lease with Equity.

**Q:** Will I have to move once family housing is privatized?

**A:** The goal is to limit the impact of residents and their families, but in order to build new homes and renovate homes; some families may have to move. As plans for demolition and renovation become firm, officials will contact residents to work with them and explain their options. When it becomes necessary for a resident to move, every effort will be made to move them into recently renovated home or later, into a new home. All moves resulting from demolition or renovation plans are fully funded.

**Q:** Will I have to pay utilities once housing is privatized?

**A:** Unlike other Air Force projects where residents keep a portion of their BAH to pay for utilities, on McChord residents turn over their entire BAH and the project pays for gas or electric, water, sewerage and garbage collection. Residents will continue to pay for telephone and cable.

**Q:** What changes once we privatize?

**A:** Initially, residents will see little or no change. After closing, Equity will handle work orders and move-in/move-out work. Equity will renovate surplus and/or vacant homes in order to make space for residents asked to move due to demolition.

**Q:** I am deploying ... is there anything I need to do?

**A:** Officials are working with legal to draft procedures to allow spouses of deploying members to complete paperwork for housing while they are deployed. Any necessary paperwork will be given to personnel during deployment processing.

**Q:** How can I get more information about housing privatization?

**A:** From a government computer, visit the McChord housing privatization Web site at [https://62msg.mcchord.af.mil/62CES/Housing\\_Privatization/default.aspx](https://62msg.mcchord.af.mil/62CES/Housing_Privatization/default.aspx)

# Proper nutrition habits are easy to develop

By  
Tyler Hemstreet  
Staff writer

*(Editor's note: This is the third installment in a series of articles that will run throughout the month of May in conjunction with Air Force Fitness Month.)*

While finding the time each week to get to the gym and put in a solid workout may be a challenge to those looking to maintain a healthy lifestyle, eating healthy and practicing proper nutrition can be much easier, according to base officials.

When it comes to incorporating proper nutrition into one's diet, it doesn't have to be an all or nothing proposition, said base dietician Chloe Tay, 62nd Medical Operations Squadron.

"It's about taking small steps," Ms. Tay said.

That can mean slowly upping

the fruit and vegetable intake each day, perhaps trying to eat one serving per day, she said.

Practicing small steps can also mean taking time to read labels and cut out foods with lots of preservatives.

"If it doesn't look like there is anything from nature on the label, the chances are good it has a lot of preservatives," Ms. Tay said.

The Health and Wellness Clinic here even offers opportunities to help Airmen and their families learn how to better interpret food labels by offering commissary tours. The tours consist of Ms. Tay helping people shop for healthy foods and taking them around and advising them on what ingredients to look for in food labels.

Another simple key to good nutrition is avoiding sugary drinks, she said.

"They're just an extra source of calories and sugar," Ms. Tay said. "If you are drinking your calories, it's not going to help you be full.



Courtesy photo

**Eating a variety of fruits and vegetables like the ones shown above, can greatly improve people's health, according to health education managers at McChord's Health and Wellness Center.**

We want you to eat your calories."

In addition to cutting out unhealthy foods and beverages, cutting out tobacco products can

also have a huge benefit, said Tanya Henriques, a health educa-

———— See NUTRITION, Page 11



From NUTRITION, Page 10 —

tion program manager with the 62nd MDOS.

“Quitting tobacco will help everything about your health,” she said.

The HAWC has a tobacco cessation program as well as classes to help those who want to quit. The center also hands out free podimeters for those who want to get on a daily walking regimen, also a key part of practicing good health, Ms. Henriques said.

“It’s something to help people make fitness part of their

lifestyle,” she said. “A brisk walk for 30 minutes a day, five days a week, can do a lot of good.”

Ms. Henriques, Ms. Tay and exercise physiologist Patrick Conway, 62nd MDOS, will host a briefing entitled “Sports Nutrition and Supplements: The Good, the Bad, and the Deadly” from 11 a.m. to noon Monday in the HAWC classroom on the second floor of the fitness center annex. Those interested in attending are encouraged to bring their lunch and any nutrition questions they have.

# THE McCHORD HEALTH AND WELLNESS CENTER

presents

**Sports Nutrition and Supplements: “The Good, The Bad, and The Deadly”**

11 a.m. to noon Monday at the HAWC classroom on the second floor of the fitness center annex

People are encouraged to bring their lunch and nutrition questions



# Team McChord Aeromedical Airmen support exercise

By

2nd Lt. Candice Allen  
446th Airlift Wing Public Affairs

Twelve Airmen from the 446th Aeromedical Evacuation Squadron made their participation in a recent national level exercise seem like a walk in the park.

The exercise, Ultimate Caduceus, was one of nine simultaneous exercises taking place across the nation. The exercise tests how civilians respond to a mass casualty incident. This exercise was part of the National Level Exercise 02-08.

Over the two days, Reservists of the 446th AES placed and offloaded 152 patients from a C-130, flown by the 133rd Airlift Wing, Minnesota Air National Guard. Flights took place between McChord and Portland International Airport. The aeromedical Reservists also assisted the Army in an engine running offload of 16 patients from two UH-60 Black Hawks.

“We had an experienced, qualified crew. They were fluid and flexible,” said Lt. Col. Ken Winslow, deputy commander of the operations

flight in the 446th AES.

This fluidity allowed the crew to perform an impromptu training session with civilian responders on how to properly offload critical patients.

“By the third day, there was a seamless integration between civilians (responders) and (our) Airmen,” said Master Sgt. Marla Gilson, a 446th AES in-flight nurse.

This seamless integration extended to Airmen from West Virginia and North Carolina Air National Guard, active-duty Airmen from Scott AFB, Ill., and the Army.

“Whether we are Air Force, Army, or civilians, we are working together for the good of the patient,” said Sergeant Gilson.

The 446th AES participates in a minimum of two exercises per year, usually the Pacific Life Line in January and the Global Medic in June.

“This was above and beyond what we normally do,” said Sergeant Gilson.

In addition to the large-scale exercises the 446th AES regularly participates in, they continue to support current operations. Over the next several months, the squadron is planning to deploy Airmen in support of Operations Enduring and Iraq Freedom, with the largest



Senior Airman Sydney Reed, 446th Aeromedical Evacuation Squadron, assists the Army in offloading patients from a UH-60 Black Hawk during a national-level exercise recently.

group leaving in August.

“We do this because we love the mission and we love to do it,” said Colonel Winslow.

The 446th AES provided the bulk of the Air Force aeromedical evacuation support for the national-level exercise.



# Camp Eggers staff visits Afghan girls’ school

KABUL, Afghanistan (AFPN) — Nearly 70 members of Combined Security Transition Command-Afghanistan delivered backpacks, toys and school supplies to the Zabuli Education Center for Girls and Women recently outside of Kabul.

American servicemembers from Camp Eggers visited the school as part of the volunteer community relations program to provide humanitarian assistance to the local communities in Kabul.

Air Force Master Sgt. Billie Wilson, a member of Camp Eggers’ Force Integration and Training division, who recently arrived at Camp Eggers, said this would not be her last trip with the program.

“I did this as a means to give back, to be involved,” Sergeant Wilson said. “I want to be involved in the rebuilding process of Afghanistan.”

Because of cultural sensitivities, female members of Camp Eggers’ staff took the lead for this trip. The new school, not yet a year old, was established to educate girls, a practice that was strictly forbidden during the Taliban rule.

“One thing I liked was that these

girls got to see women in uniform and in professional roles,” Sergeant Wilson said. “It certainly showed them there are possibilities.”

Schools, private aid organizations and churches all over the world donate items for the volunteer community relations program to pass out amongst the Afghan people. The program has grown greatly in the past 12 months, said Army Lt. Col. Juan Montoya, the Afghan National Army General Staff Inspector General adviser.

“We used to have 20 to 30 people participating,” Colonel Montoya said. “Today we doubled that. The program is growing all the time.”

As the group’s visit neared its conclusion, the school girls gathered at the school’s vestibule and recited the English alphabet repeatedly at the top of their lungs.

This exuberance was echoed by Capt. Terry Whited of the CSTC-A Kabul Regional Contract Center, who served as one of class leaders during this visit with the students.

“Each time I do one of these trips I think it is the best visit,” Captain Whited said. “But today was the best one yet!”



Photo courtesy U.S. Navy

**Master Sgt. Billie Wilson takes part in a volunteer community relations program trip to the Zabuli Education Center for Girls and Women May 8 in Kabul, Afghanistan. During the visit to the girls’ school, nearly 70 American servicemembers from Camp Eggers delivered backpacks, toys and school supplies to the students. Sergeant Wilson is assigned to the Command Securities Transition Command-Afghanistan.**



# Iraqi bird study may help reduce aircraft mishaps

By

1st Lt. Lisa Spilinek  
332nd Air Expeditionary Wing  
Public Affairs

BALAD AIR BASE, Iraq (AFPN) — One of the Air Force’s greatest airpower adversaries doesn’t wear the uniform of another country; it wears feathers.

Both deadly and expensive, aircraft accidents and mishaps caused by collisions with birds have cost the service approximately \$35 million each year since 1985, according to Air Force safety records.

“Bird strikes have a very negative impact on the mission,” said Capt. Andrew Baumgart, a 23rd Expeditionary Fighter Squadron F-16 Fighting Falcon pilot.

To better understand their winged rivals, Air Force safety personnel have for years shipped feather, blood and tissue samples from bird strikes and bird depredation efforts to be analyzed at the Smithsonian Institution, National Museum of Natural History, Feather Identification Laboratory in Washington, D.C. Sometimes the remains of whole birds were also shipped to the laboratory to be studied from locations in the United States, but never from Iraq — until now.

Members of the 332nd Air Expeditionary Wing Safety Office here sent their first shipment of whole bird carcasses, obtained through bird depredation efforts, to the Feather Lab recently, said Tech. Sgt. David Young, the 332nd AEW noncommissioned officer in charge of flight safety, who is deployed from Elmendorf Air Force Base, Alaska.

The sergeant heads up the Balad AB Bird Aircraft Strike Hazard program through which trained volunteers shoot birds that pose threats to aircraft. The Feather Lab experts will examine the more than 40 birds shipped from Balad AB to determine



Photo by Senior Airman Julianne Showalter

**Tech. Sgt. David Young takes aim at a group of gulls to reduce the number of birds at Balad Air Base, Iraq. Collisions between flying birds and aircraft can severely damage aircraft and endanger the lives of pilots. Sergeant Young is the 332nd Air Expeditionary Wing noncommissioned officer in charge of flight safety deployed from Elmendorf Air Force Base, Alaska.**

what species live in the vicinity.

The shipment represents a win-win situation for the Smithsonian and the busy air base, where multiple types of aircraft take off and land 24/7.

“Sending (the birds) to the Smithsonian will help establish what the species are here and their migratory routes. We don’t have that kind of data here,” said Sergeant Young who added that 124 bird strikes had been recorded on Balad AB aircraft from October 2006 to October 2007.

The data on the shipped birds will be compiled and evaluated by the Smithsonian laboratory experts and provided to the Balad AB Safety Office. Understanding the types of birds that live near Balad AB’s extremely busy runways will help the safety personnel take actions to reduce their nesting habitats in order to bring down the bird populations around the airfield. Additionally, if mission requirements permit, flights could be scheduled to avoid peak hours of bird activity, said

Lt. Col. Ken Ekman, the 332nd AEW Safety chief, who is deployed from Shaw AFB, S.C.

The Smithsonian will benefit from the whole bird shipment because of the 620,000 bird specimens that it currently has, only eight are from Iraq and those represent only four species, said Dr. Carla Dove of the Smithsonian’s Feather Lab.

“Whole bird samples are the basis of all taxonomic and systematic research on birds. The birds are skinned, stuffed with cotton and kept in the museum collection forever,” she said. “Having these specimens available for study will be a great benefit to our identification program and to the study of birds of that region. When specimens are catalogued into our collections, they are available for researchers all over the world to come to study, or to borrow for examination.”

Another benefit of receiving whole birds is that experts can match

unknown specimen feathers to whole bird samples.

“Whole specimens benefit the bird strike identification program tremendously,” Dr. Dove said. “When we receive a bird strike sample, we immediately wash the feather because it usually has blood, tissue and other ‘snarge’ attached.”

“I plan to also use these specimens (from Balad AB) to obtain the DNA sequence to add to our database,” she said. “That way, even if we get a small blood or tissue sample that does not have feathers, we can possibly get an identification using the DNA.”

While some of the types of birds sent from Balad AB are yet to be determined by Dr. Dove and the rest of the identification experts at the Feather Lab, they have been able to identify some by photographs taken by Sergeant Young. These include white wagtails, white-cheeked bulbuls, falcated teals, Egyptian nightjars, black-headed gulls, blue-cheeked bee-eaters, white-breasted kingfishers, golden orioles, stone curlews, shrikes, European rollers, spur-winged plovers and red-wattled plovers. The rest will be identified after arriving in D.C.

In the end, the science behind identification will help the safety personnel at Balad AB to understand the local area airpower challengers better.

“By understanding the exact species of birds that cause problems to aircraft and flight safety, we can begin to do things to prevent the damage from occurring. You must know what the species of birds are that are causing problems before you can do anything about it. It’s just like any kind of pest management,” Dr. Dove said.

“The same is true for bird problems on airfields. The flight safety group will use the data to understand the movements and migratory patterns of birds and to know which bird species are causing problems. Species identification is the first step in bird strike prevention,” she said.



**Enlisted Appreciation Barbeque**

The Pierce Military Business Alliance, along with volunteers from the Top 3, 5/6 Club and the Rising 4 will host an Enlisted Appreciation BBQ from 11 a.m. to 3 p.m. on May 28 at the grassy area across the street from the Rainier and St. Helen softball fields. In addition to food and a DJ, there will also be a Tug-O-War, hot dog eating contest, kick ball and one-pitch softball. For more information, e-mail Master Sgt. Steve Courson at [steve.courson@mcchord.af.mil](mailto:steve.courson@mcchord.af.mil).

**Deployed spouses dinner**

The Chapel Support Center will host a luau-themed dinner for deployed spouses from 6 to 8 p.m. on June 2. All families with deployed or deploying spouses or those on temporary duty assignments are encouraged to attend. Those interested in attending must RSVP at 982-5556 by May 28. For more information, visit <https://62aw.mcchord.af.mil/awstaff/hc>.

**Asian Pacific American Heritage Month**

There will be a luncheon in honor of Asian Pacific American Heritage Month at noon on May 28 at the Holiday Park Pavilion area. The luncheon will feature Asian food sampling and a cultural dance performance. For more information call or e-mail Senior Master Sgt. Gary Almogela at 982-7960 or [gary.almogela@mcchord.af.mil](mailto:gary.almogela@mcchord.af.mil).

**Stop sign removed**

A stop sign at the intersection of Levitow Blvd. and 2nd street has been removed. Westbound traffic on Levitow Blvd no longer has to stop.

**Phoenix Spouse dinner**

The 62nd Airlift Wing leaderships’ spouses will host a dinner for Phoenix Spouses from 6 to 8:30 p.m. Thursday at the Chapel Support Center. Dinner and childcare will be provided. To register for the dinner, call the Airman and Family Readiness Center at 982-2695.

**Volunteers needed**

McChord and Fort Lewis will host the Special Olympics Washington’s Summer Games May 30 to June 1 and the base still needs volunteers to help out with the event. Volunteers are needed to help out working the information booth, opening ceremony, victory happening and dance and volunteer and family barbeque. Volunteers are also needed to serve as bus operators, parking attendants and assist with clean up and tear down.

Every squadron has a point of contact and interested volunteers should e-mail their information (rank, name, squadron, time and date of the event volunteering for) to their squadron POC or directly contact Staff Sgt. Amy Weger at 982-3874 or Staff Sgt. Caramel Padrones at 982-5678.

**Retirement ceremony**

The 62nd Maintenance Group will host a retirement ceremony for 62nd MXG superintendent Chief Master Sgt. Paul Cruz honoring his 26 years of dedicated service. The ceremony is at 10 a.m. Thursday in Hangar 2. For more information, call Chief Master Sgt. Rodney Billingham at 982-5817.

**Air Force Community Assessment**

Spouses can take the survey at <http://spouseAFCAsurvey.com>, it will take about 30 minutes to complete and will remain open until June.

The survey data gathered in the past has helped generate programs such as “Give Parents a Break” free childcare and the free oil change program spouses are eligible for when their family member is deployed.

The survey touches on spouses’ and their families’ personal adjustment to arriving to the base, both individual and family adaptation to the Air Force, coping with deployments and the availability of support from formal agencies.

**Commissary sale**

The commissary’s caselot sale is happening today until Saturday. Customers have the opportunity to stock up and save more money off the commissary’s normal low prices.

